

Butternut Squash Recipes

Butternut Squash & Black Bean Enchilada Skillet

Source: www.ambitiouskitchen.com/butternut-squash-and-black-bean-enchilada-skillet/

Ingredients

- 1 tablespoon olive oil or avocado oil
- 3 cups 1/2-inch-diced, peeled butternut squash (from about a 2-lb. squash)
- salt and pepper, to season
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- 1/2 jalapeno, diced (and seeded if you want less spice)
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 (15 ounce) can black beans, drained and rinsed
- 8 yellow corn tortillas, cut into thick strips
- 1 (15 ounce) can red enchilada sauce
- 1 cup shredded colby jack or Mexican cheese (or whatever you prefer), divided
- cilantro and Greek yogurt, for serving

Instructions

Cook your veggies. Start by cooking down the onion, garlic & jalapeno in a large skillet with olive oil for a few minutes. Add the cubed squash and spices, and cook until squash is slightly tender.

Add the enchilada ingredients. Stir in black beans, corn tortilla strips and enchilada sauce. Reduce the heat and stir in some cheese.

Broil and serve. Add additional cheese and place the skillet under your broiler to get it nice and melty. Then serve with cilantro, Greek yogurt or sour cream, and guacamole if you'd like!

Roasted Butternut Squash with Rosemary, Pecans and Gorgonzola

Source: Kalyn's Kitchen www.kalynskitchen.com

Ingredients

- 1 large butternut squash, at least 3 pounds before cutting
- 1 T olive oil + 1-2 tsp. olive oil to brush pan
- 2 tsp. chopped fresh rosemary (see notes)
- salt and fresh ground black pepper to taste
- 1/2 cup chopped pecans
- 1/2 cup Gorgonzola cheese (or more)

Instructions

1. Preheat oven to 400F
2. Cut stem and blossom ends off squash, then cut in half lengthwise.
3. Scrape out seeds with a sharp spoon, peel squash with a vegetable peeler, then cut into 1 inch cubes. Try to make the cubes the same size so they'll all cook in the same amount of time.
4. Wash and dry fresh rosemary leaves, then finely chop with chef's knife. (If you're using dried rosemary, I would grind it with a mortar and pestle or chop as finely as you can with a knife.)
5. Toss the squash cubes with 1 T olive oil, rosemary, salt, and pepper.
6. Brush the baking sheet with olive oil, then arrange the squash in a single layer and roast for 20 minutes without opening oven.
7. Remove the pan and use a flat turner to turn squash cubes over. (They should be lightly browned on the bottom.)
8. Roast the squash 15 minutes more while you measure 1/2 cup pecans and coarsely chop.
9. After 15 minutes, turn the squash one more time and sprinkle pecans over the top.
10. Roast 10-15 minutes more, until the nuts are fragrant and the squash cubes are soft and caramelized.
11. Toss squash with the Gorgonzola cheese, season with salt and pepper if it needs more, and serve hot. (You might want to let it cool for a minute or two before you toss with the cheese.)

Slow Cooker Butternut Squash Soup

Source: Skinnytaste, www.skinnytaste.com/slow-cooker-blissful-butternut-squash/

Ingredients

- 32 oz butternut squash (halved, seeds removed but not peeled)
- 2 large shallots, quartered
- 2 cups chicken or vegetable broth, or 1 ½ T Better than Bouillon with water
- ¾ cups light coconut milk, plus additional for optional garnish
- Pinch of nutmeg
- Chives, pepitas, optional garnishes

Instructions

- Place the squash, shallots and broth in the slow cooker.
- Cook on low for 8 hours or high 4 hours, until soft and cooked through, a knife should easily be inserted.
- Remove squash from skin and discard the peel.
- Stir in coconut milk and nutmeg.
- Blend in a blender or using an immersion blender.
- Season to taste with salt and pepper and garnish with more coconut milk, pepitas & chives, if desired.

